

# FOCUS ON FAMILY MATTERS

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## Flavor that Food!

Make foods tasty without using salt or adding extra fat or sugar by adding these spices and herbs. Approximate **EQUIVALENT** amounts of different forms of herbs are:

- 1 tablespoon finely cut fresh herbs
- 1 teaspoon crumbled dried herbs
- 1/4 to 1/2 teaspoon ground dried herbs



Begin with 1/4 teaspoon of most ground spices or ground dried herbs for these amounts; adjust as needed. Use more herbs when using a crumbled dried or a fresh form.

- 4 servings
- 1 pound of meat
- 1 pint (2 cups of soup or sauce)



Start with 1/8 teaspoon for cayenne pepper and garlic powder; adjust as needed. Red pepper intensifies in flavor during cooking; add in small increments. When doubling a recipe, do not double spices and herbs. Increase amounts by 1-1/2 times. Add more if needed.

### Vegetables

- **Carrots** - Cinnamon, cloves, marjoram, nutmeg, rosemary, sage
- **Corn** - Cumin, curry powder, onion, paprika, parsley
- **Green Beans** - Dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
- **Greens** - Onions, pepper
- **Peas** - Ginger, marjoram, onion, parsley, sage
- **Potatoes** - Dill, garlic, onion, paprika, parsley, sage
- **Summer Squash** - Cloves, curry powder, marjoram, nutmeg, rosemary, sage
- **Winter Squash** - Cinnamon, ginger, nutmeg, onion
- **Tomatoes** - Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper



**FAMILY & CONSUMER SCIENCES**

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As a general rule, add all **FRESH HERBS** near the end of cooking or just before serving. Prolonged heating can cause flavor and aroma losses. **More delicate fresh herbs** can be added a minute or two before the end of cooking or sprinkled on food before serving. Examples include basil, chives, cilantro and dill leaves. **Less delicate fresh herbs** can be added about the last 20 minutes of cooking. Examples include dill seeds, rosemary, tarragon and thyme.

### **Meat, Poultry, and Fish**

- **Beef** - Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme.
- **Lamb** - Curry powder, garlic, rosemary, mint.
- **Pork** - Garlic, onion, sage, pepper, oregano
- **Veal** - Bay leaf, curry powder, ginger, marjoram, oregano
- **Chicken** - Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme.
- **Fish** - Curry powder, dill, dry mustard, lemon juice, marjoram, paprika, pepper.



## Going Green with Your Grocery Shopping

Perhaps you haven't yet started recycling the many containers that package food purchases. And, maybe you have limited access to some of the "greener" food products on the market. Yet there are things you can do if you're interested in a "greener," more environmentally friendly household. Read on for some easy steps you can take right now. They also will save you money, adding a little extra green to you wallet!

1. **Size matter.** When choosing between a large container and several small containers that add up to the same volume: Consider whether buying the large container would save the same purpose and save you money? For example, do you really need to buy individual boxes (and more packaging) for juice if they all are drunk in the same week and at your kitchen table?
2. **It's in the bag.** While we could all carry our own reusable shopping bags when we go shopping, if we don't we can reuse any plastic grocery bags we might accumulate to line small wastebaskets. Put a few bags in the bottom of the waste basket **BEFORE** you line it, so there's another on ready to use after one is filled.
3. **Got to have a plan!** Plan ahead and shop less often for groceries or shop in conjunction with other errands taking you near a grocery store. The result is a reduction in the use and cost of fuel needed to transport food.
  - **Practice the 3 Rs** - Produce less waste **AND** save money by practicing the 3 Rs of reduce, reuse and recycle.
  - **Reduce** - the amount of leftover food tossed by serving smaller portions of foods that frequently produce leftovers **OR ...**
  - **Reuse** - leftovers by serving them again in a day or two or freezing them for future use, **OR ...**
  - **Recycle** - leftovers into a different type of meal; for example - add that extra rice to a soup the next night.
4. **Don't be a "spoil"-sport.** Throwing away spoiled food is related to tossing leftovers. Reduce the amount of spoiled food that gets tossed through such practices as:
  - Read labels for "use by," "expiration," or "best if used by" dates.
  - Refrigerate and freeze foods at recommended temperatures -- 0 degrees F or lower for freezers and 40 degrees F or lower for the refrigerator section. An appliance thermometer assures your refrigerator/freezer is maintaining these temperatures.
  - Follow recommended storage times for foods. For example, some containers may specify a recommended time frame in which to eat a food after it is opened.
  - Avoid buying so much food in bulk that it spoils before you can use it.
5. **Drink to this.** Buy a reusable water bottle and fill it with tap water. Your investment soon will pay for itself
6. **Bulk it up.** Some products purchased at the grocery store, such as hand soap can be purchased in big bottles that are used to refill a smaller bottle size. Reduce the cost and the packaging by refilling the smaller bottle.

## How to Cook a Turkey the Day Before Serving It.

Sometimes it may be easier to prepare your turkey the day before you plan to serve it. If you do, follow these guidelines:

1. Wait about 20 minutes after removing turkey from the oven to allow the juices to disperse.
2. Slice breast meat; legs and wings may be left whole. Place turkey in metal containers; limit depth to less than 2 inches. Metal containers cool faster than glass-type pans. **NOTE:** Wash your hands with soap and warm water for about 20 seconds before you begin slicing your turkey.
3. Pour broth over turkey to prevent drying. Then refrigerate, loosely covered. You can place loosely covered foods in the refrigerator while still warm; cover tightly when food is completely cooled.
4. On the day of your meal, cover pan with an oven-proof lid or foil and reheat thoroughly in a 350F oven until hot and steaming throughout (165F). **NOTE:** If you're planning to travel and bring the turkey, it's safest and easiest to travel with it pre-cooked and cold. Carry it in an insulated cooler with lots of ice or frozen gel-packs to keep the cooler temperature under 40F. Then reheat the turkey at your final destination.
5. Either freeze leftover turkey or plan to eat cooked turkey within 3 to 4 days of the day it was originally prepared. Once removed from the oven, turkey shouldn't set at room temperature longer than 2 hours **TOTAL** time. For best safety and quality, avoid reheating and cooling turkey multiple times.

## Basic Holiday Ingredient Substitutions

### Rum

**Amount:** any amount

**Substitute:** 1 part rum extract plus 3 parts water. For example: for 1/4 cup rum, substitute 1 tablespoon rum extract plus 3 tablespoons water.

### Sugar, Confectioners' or Powdered

**Amount:** 1 cup

**Substitute:** 1 cup granulated sugar plus 1 tablespoon cornstarch; process in a food processor using the metal blade attachment until it's well blended and powdery.

### Pumpkin Pie Spice

**Amount:** 1 teaspoon

**Substitute:** 1/2 teaspoon cinnamon plus 1/4 teaspoon ground ginger plus 1/8 teaspoon ground allspice plus 1/8 teaspoon ground nutmeg.



### Allspice

**Amount:** 1 teaspoon

**Substitute:** 1/2 teaspoon cinnamon plus 1/2 teaspoon ground cloves

### Apple Pie Spice

**Amount:** 1 teaspoon

**Substitute:** 1/2 teaspoon cinnamon plus 1/4 teaspoon nutmeg plus 1/8 teaspoon cardamom.

### Baking Powder, Double Acting

**Amount:** 1 teaspoon

**Substitute:** 1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar.

### Chocolate, Unsweetened

**Amount:** 1 ounce

**Substitute:** 3 tablespoons cocoa plus 1 tablespoon butter or regular margarine or vegetable oil.



### Butter

**Amount:** 1 cup

**Substitute:**

-1 cup regular margarine

-1 cup vegetable shortening (for baking)

An equal amount of oil can be substituted for a similar portion of MELTED better if the recipe specifies using MELTED butter.

### Flour, Cake

**Amount:** 1 cup

**Substitute:** 1 cup minus 2 tablespoons all-purpose flour.

### Flour, Self-Rising

**Amount:** 1 cup

**Substitute:** 1 cup minus 2 teaspoons all-purpose flour plus 1-1/2 teaspoons baking powder and 1/2 teaspoon salt.

### Sweet Potato and Apple Casserole (serves: 2 to 4)

2 medium sweet potatoes, peeled and cut into 1/2 inch cubes

1 apple, with its skin, sliced

1/4 cup orange juice

2 tablespoons packed brown sugar

1 tablespoon butter or margarine

1/2 teaspoon cinnamon

1/3 cup dried cranberries or raisins



- 1) Preheat oven to 350 degrees F. Lightly grease or spray with nonstick cooking spray a 1-1/2 quart casserole dish.
- 2) In a small sauce pan over medium heat, mix together the orange juice, brown sugar, butter or margarine, cinnamon and dried cranberries or raisins. Heat and continue to stir until the sugar is dissolved and the margarine is melted.
- 3) In a large bowl, mix together the potatoes, apples and orange juice mixture.
- 4) Transfer to a casserole dish.
- 5) Bake, covered, for one hour or until the potatoes are fork tender.
- 6) Stir the mixture before serving to coat the sweet potatoes and apples with the juices accumulated at the bottom.